

Town of North Hempstead  
**Project Independence**

Jon Kaiman, Supervisor

For more information on Project Independence  
visit [www.tonhprojectindependence.net](http://www.tonhprojectindependence.net) or call 311.

# Doing More Doing It Better

## North Hempstead Town Supervisor Jon Kaiman and the Town Board Present Project Independence



Top row, from left to right: Nassau County Legislator Judi Bosworth; NY State Assemblywoman Michelle Schimel; Town Supervisor Jon Kaiman; Town Receiver of Taxes Charles Berman; Town Councilwoman Lee Seeman; and former Department of Services for the Aging Commissioner Evelyn Roth.

## Health Fair

**Friday, June 7th, 11:00 a.m. - 2:00 p.m.**  
**Light Lunch provided**

Port Washington Senior Center, 80 Manorhaven Blvd., Port Washington

Town residents 60 and older and their caregivers, family members and neighbors are invited to the Project Independence Health Fair at the Port Washington Senior Center. The focus of this health fair will be "wellness," which includes information on how to better manage irregular blood pressure, cardiac conditions, and diabetes. Pharmaceutical experts from North Shore-LIJ Health System will be on hand along with various other health and human services agencies, local vendors, and government representatives. They will provide information, screenings, demonstrations, gifts and more. A light lunch will be served at 12:30 p.m. Please call 311 or 869-6311 to register.





## From North Hempstead Supervisor Jon Kaiman **EMPOWERING SENIORS**

My administration launched Project Independence in 2005 with the mission of giving seniors in the Town the opportunity to “age in place”. In other words, we wanted them to have the ability to live as independently as possible in their own homes and familiar communities. The innovative program is specifically designed to serve Town residents 60 and older. In its eight years of existence, Project Independence has grown by leaps and bounds. Family members and caregivers are welcome to contact the program’s advisors, to help seniors tap into a vast network of resources spanning the spectrum from health and social services, transportation, government and community agencies, information and referral services, and much more. Project Independence is just one way we can give back to those who made the Town of North Hempstead one of the best places to live and retire in America.



## **Learn How to Prevent Financial Elder Abuse**

**Friday, June 14th, 9:00 a.m. - 1:00 p.m.**  
**(Breakfast and Registration before 9:30 a.m.)**

The Unitarian Universalist Congregation at Shelter Rock  
48 Shelter Rock Road, Manhasset

Financial exploitation of aging Americans is the fastest growing and most frequently reported area of elder abuse. In this workshop experts in the field will be on hand to talk about how to recognize and combat this abuse. Join us and listen to various government leaders and organizations including Town Supervisor Jon Kaiman, Town Receiver of Taxes Charles Berman, and Nassau County Legislator Judi Bosworth.

Please call 311 or 869-6311 to register.



## **Be Notified with North Hempstead Alert!**

The North Hempstead Alert Emergency Notification System rapidly delivers a recorded notification via telephone, email or text message to targeted homes and businesses in the event that an emergency takes place within the town. Such situations may include water main breaks, flooding, terrorist threats, hazardous materials emergencies, weather emergencies or natural disasters. Non-emergency contact may be made in the event of town water department pipe flushing, as temporary pressure variations and discoloration may occur. You can sign up by clicking the “NH Alert” link at [www.northhempsteadny.gov](http://www.northhempsteadny.gov).

Please call 311 for more information, or for assistance on signing up.

For more information on Project Independence visit [www.tonhprojectindependence.net](http://www.tonhprojectindependence.net) or call 311.

## Project Independence Community Resource Fair

**Friday, July 19th, 11:00 a.m. – 2:00 p.m.**

Great Neck Senior (Social) Center, 80 Grace Ave., Great Neck, NY

The Town of North Hempstead's Project Independence and the Great Neck Senior Center invite all Town residents age 60 or older to a community resource fair. The Town of North Hempstead provides a broad array of community resources including reduced-rate taxi transportation for medical visits as well as free transportation for food shopping for Project Independence members. Partnering agencies and professional instructors provide health and mental health services, fitness classes and wellness instruction throughout the Town at no charge. Come to the Community Resource Fair and learn all about the programs and services available to you and your loved ones. A light lunch will be served at 12:30 p.m. Please call 311 or 869-6311 to register.



## Funday Mondays are Back!

**10:00 a.m. - 2:00 p.m.**

**Each Monday from July 8th to August 26th**

North Hempstead Beach Park

Practically every senior resident who has experienced this fun-filled beach party agree on one thing: Blue Mondays don't exist on their calendars. For them, Mondays, or Funday Mondays as they have come to know it, are anything but blue. Becoming more and more popular each year, Funday Monday at North Hempstead Beach Park is one of the best venues around for seniors to socialize. There's live music, dancing, entertainment, card games, and plenty of opportunities to renew old acquaintances and make new ones, all while taking in the sights and sounds of the beach. Please join us!



## Project Independence Radio Show

**WCPW 88.1 FM**

Tune in to "Project Independence and You" every Friday morning from 10:00 a.m. until noon on WCWP.org and 88.1 FM. Host Evelyn Roth interviews healthcare professionals, elder law experts, book authors, elected officials and more. "Project Independence and You" offers great information and classic old-time radio segments like "The Shadow" and "The Jack Benny Show."

You can listen online at [www.wcwp.org](http://www.wcwp.org) and access archives of old shows at [www.tonhprojectindependence.net](http://www.tonhprojectindependence.net)!





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## Aging in Place in Suburbia: Living Better with Technology

**Wednesday, August 21st at 9:00 a.m.**

Yes We Can" Community Center at 141 Garden Street, Westbury

Once again we are partnering with Hofstra/North Shore LIJ Health System and other collaborators. Almost 100 exhibitors are expected to attend, demonstrate and answer questions about their products and programs. Not-for-profit agencies will have wonderful information about how to access benefits and services. Health care providers will display the very latest in technological advances in the medical field ranging from assistive and accessibility devices to the most sophisticated monitoring and personal safety equipment available today.



Attendance and lunch are once again free. Transportation will be available from many central locations around the Town of North Hempstead. A compelling roster of speakers is being organized now.

Please reserve your spot quickly.  
Call 311 or 869-6311 to register.

## Project Independence has made BIG NEWS!

### Opinion: Put Focus on Home Health Care

"The Town of North Hempstead/Project Independence and two local taxi companies have committed to helping to provide more affordable taxi fares for aides who care for seniors."

**Newsday** JANUARY 17, 2012

### Cut-Rate Cabs Get Seniors to Medical Care

"Glenda Artsis stopped driving three years ago, but she isn't homebound or entirely dependent on friends thanks to an innovative Town of North Hempstead taxi service. Artsis has become a frequent customer of the year-old Project Independence reduced-rate taxi service to nonemergency medical visits for residents age 60 and older. What had been a \$15 fare to a physical therapy appointment now costs her \$4."

**Newsday** MAY 15, 2011

### N. Hempstead Senior Citizens Get Web Workout

A new virtual exercise program took baby steps Thursday in North Hempstead. Organized by the town's Project Independence, the program uses a webcam to bring an exercise session into the homes of the town's senior citizens. A professional trainer on the other end provides instruction using the video messaging service Skype. Ilse Sander, 83, of Port Washington, participated in the trial run because medical issues prevent her from continuing her exercise regimen at the gym. "It sounds like a terrific idea," Sander said prior to the workout. "It will help me to be more self-sufficient."

**Newsday** MARCH 17, 2011

### Stay Connected



Call 311 or visit [www.northhempsteadny.gov](http://www.northhempsteadny.gov) for more Town information.



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